



Dear Parents/Carers,

Hopefully everyone had an enjoyable autumn holiday. In any case, we heard a lot of great stories from the children. In addition, it was a spooky welcome with all those Halloween pumpkins the children made. The winners were announced on Wednesday, congratulations.



Calender

4 november	Certificaat oeverzwaluwproject groep 6-7
7 november	Show for early years: Bully Bully
9 november	Start early years theme: Wij gaan uit eten. (we go out for dinner)
9 november	Crea groep 4+5+6
11 november	Closing Mediamasters groep 7+8
12 november	Welcoming of Sinterklaas Start Glow groepen 5 en 6
14 november	19.30 uur Parent council
15 november	Decoration night Sinterklaas
16 november	Crea groep 7+8

Healthy school

Suggestions for a healthy lunch

Examples of suitable options for lunch breaks include:

- Wholemeal bread or brown bread spread with low-fat margarine
- As a possible variation, whole-wheat crispbread, rye bread, tortillas or currant bun
- Sandwiches suitable for the bread bin are those that do not contain too much saturated fat and salt
- Sweet toppings, such as apple syrup, jam or honey
- Savoury low-fat spreads such as 30+ cheese, 20+ or 30+ cheese spread with less salt, egg, cottage cheese, light dairy spread, vegetarian sausage spread, chicken breast or a slice of ham
- Vegetables and fruit, such as tomato, cucumber, sweet pepper, banana, apple and strawberry. Tasty as a topping or as a snack

Tip:

- Involving your child in making lunch will not only make lunch a greater success, but also help establish healthy habits.
- Try to add variety to your child's lunch. It doesn't have to take a lot of time, but it makes the tumbler a lot more appealing to your child. Nice bonus: your child will be exposed to different/multiple textures and flavours this way, which can help in making the child less shy in what they will and won't eat.
- Sample website with great ideas: <https://www.eetgoedvoeljegoed.nl/10-ideeen-voor-gezonde-school-lunches/>
- When making a healthy lunch, also think about something healthy to drink. Examples include tap water, tea without sugar, semi-skimmed milk or yoghurt drinks without added sugars.

Show groups 1-2: Bully Bully

The Maas theatre and dance company is coming to play a performance for all our preschoolers on Monday 7 November. You can get an idea of the performance below:

In Bully Bully, two world leaders meet in no man's land. A culture clash at duplon level, because what the farmer doesn't know, he doesn't eat. What follows is an awkward encounter between two childish but powerful adults who gradually get used to each other. A toddler musical à la West Side Story about friendship and 'the unknown' with two actors, lots of songs, funny bickering, fussing and a happy ending.



Reminder Sinterklaas decoration night ([Not enough parents yet!!](#))

Dear parents,

St Nicholas is not here yet, but we are already busy preparing for the big celebration. This year it would again be very nice if parents would help to decorate the school so it looks cosy again. We would like to do this on Tuesday 15 November from 7.30pm.

If you would like to come and help, you can sign up via activiteiten.startbaan@salto-eindhoven.nl

Met vriendelijke groet, kind regards

Activiteitencommissie

Danique, Femke M, Nina, Sabine en Anouk

Opening Library at Wednesday afternoon

From now on, the library will be open on Wednesday afternoons from 12.30 to 13.30 so that you as parents can also join the children to borrow a book for home.

Application of brothers and sisters

If there are any siblings who have not yet registered at school, we would like to ask you to do so soon. We can then keep track of all groups and necessary placements. Thank you for your cooperation.

Have a nice weekend,

Team St@rtbaan